



The Campbell M Gold Newsletter

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Campbell M Gold

Consultant

**Self-Help and personal Development through
New Thinking, and Hypnosis and Subliminal
Programs**

Just the Facts...

Welcome

Welcome to another newsletter...

In this issue, we take a look at "Natural Gout Therapy".

As always, no hugs, just the facts... So let's jump right in...

Kind regards,

Campbell M Gold

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Keep Up-to-Date

**The Health Information reflected in this Newsletter is subject to change.
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the various subjects:**

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Natural Gout Therapy

Introduction

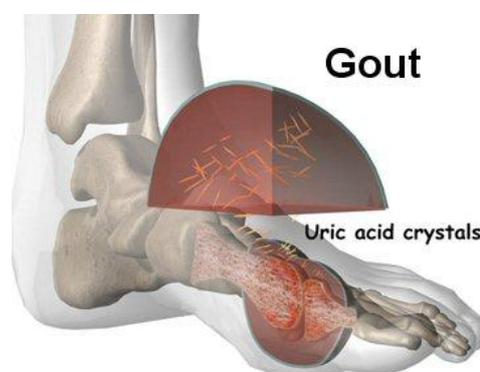
Gout is caused when uric acid crystallizes, and deposits in the tissues and joints of the body. These crystals result in inflammation and can cause severe pain. The most common place for gout to occur is the big toe, but it can also happen in other places like the feet, ankles, wrists, fingers and elbows.

Gout Symptoms

A gout symptom can come on very suddenly and with no warnings. It is best to start treating gout immediately, or it can become more painful and lead to joint deformities.

Typical gout symptoms include:

- Rapid severe pain in the big toe is the most common gout symptom
- The affected joints can become very tender and swollen, and can feel warm
- The skin on the joint turns reddish
- Most painful attacks last a few hours to a few days (in rare cases, it can last weeks)
- Some people experience other symptoms such as fever or chills, and increased heartrate
- The inflammation from the uric acid crystals can also lead to *bursitis



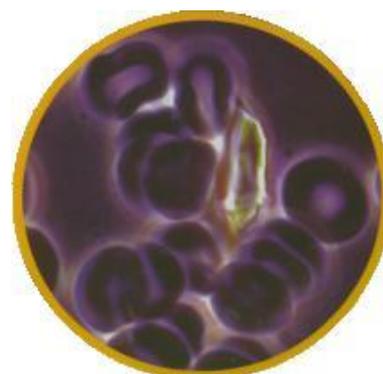
(*Bursitis is the inflammation of one or more bursae (small sacs) of synovial fluid in the body. The bursae rest at the points where internal functionaries, such as muscles and tendons, slide across bone. Healthy bursae create a smooth, almost frictionless functional gliding surface making normal movement painless. When bursitis occurs, however, movement relying upon the inflamed bursa becomes difficult and painful. Moreover, movement of tendons and muscles over the inflamed bursa aggravates its inflammation, perpetuating the problem.)

Most acute gout attacks occur in the late hours of the night. As we sleep, our bodies tend to focus on the primary metabolic functions such as digestion, breathing, etc. The extremities, such as the feet tend to cool as a result of this 'lack of attention'. As they cool, and if the dissolved amount of uric acid is high enough, the result is the change of the uric acid, from a liquid, to a crystal.

(Picture Right - Uric Acid Crystal)

Consequently, a typical symptom of gout is the onset of severe pain at night.

The most common gout symptom is a painful big toe, however, gout can also appear in the finger joints, elbows, ankles, wrists, ears or other areas of the foot.



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Causes of Gout

Individuals with gout are unable to properly excrete the uric acid that is in their body - this excess of uric acid can be caused by different processes, such as:

- under-performing kidneys
- an increase in the production of uric acid by the body
- the consumption of foods that lead to an increase in uric acid levels

Although heredity can be a factor in the occurrence of gout, there are other causes that can lead to an increase of uric acid in the blood:

- Being overweight,
- excessive alcohol consumption,
- irregular kidney function
- Certain drugs are known to cause uric levels to rise. They include insulin, some antibiotics, cyclosporine, low dose aspirin, and others. This is another reason that gout natural remedies have become so popular
- Recent surgery
- Injury to a joint
- High blood pressure
- Low thyroid hormone levels (hypothyroidism)
- Consumption of foods with high levels of *purines.

(* Purines are the chemicals in food that are metabolized by the body into uric acid. Foods known to increase uric acid include shellfish, organ meat (liver, kidney), red meat, alcohol, dried peas, creamy sauces and anchovies.)

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Prevention

Prevention is much easier than effecting a cure, and includes:

- Drinking a lot of spring or mineral water (not tap water) - six or more glasses of water per day helps the body to excrete more uric acid. Moreover, water also decreases the chances of getting kidney stones.
- Maintaining a proper weight, and getting regular exercise reduces the risk and severity of gout attacks.
- Avoid foods with high levels of purines. As we mentioned before, foods with high purine levels include shellfish, alcohol, organ meat, creamy sauces, dried peas, etc.
- Foods known to decrease the occurrence of gout include: dairy, foods high in potassium, black cherry juice, blueberries and lemon juice.
- Immediately treating gout will not allow it to get worse. We will now go over treatment, and natural remedies for gout in more detail.

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Treatment

Treatments of gout can vary depending upon your overall health, age and medical history. The first step in treatment though is to reduce the risk factors mentioned in our prevention section. These include: Drinking a lot of water, maintaining proper weight, exercising, avoiding certain foods, and using appropriate medications.

Most traditional gout medications have severe side effects, and as a result, many people prefer to use natural remedies for gout. For example, the side effects of certain allopathic medications include:

- Thinning of bones,
- increase in joint pain,
- lessening of ability to fight infections,

- irregular heartbeat,
- nausea and vomiting,
- abdominal pain,
- eye pain
- Headaches

Natural remedies for gout have no side effects, and are safe to use long term. As an added benefit, most gout natural remedies contain ingredients that will help to improve the bodies overall health. For these reasons, many medical professional believe that natural remedies for gout are your best alternative.



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Poultices (Cold and Hot)

Large poultices of cold green clay can be directly applied to acutely inflamed joints. The clay is mixed with water, and then applied as a paste.

Frequent hot applications can be used for chronic arthritic conditions.

Both the hot and the cold applications should be left on for 2 to 4 hours.

Typically, Green Clay is obtained through mail order.

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Raw Juice Therapy

During the acute inflammatory stage:

- 600 to 1,200 ml celery juice daily

also

- 170 ml carrot juice daily
- 140 ml beetroot juice daily
- 140 ml cucumber juice, 2 x daily

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Biochemic Tissue Salts

For fever and other signs of inflammation - Ferr Phos.

Chief remedy for gout - Nat Sulph.

In acute attacks, alternate Nat Sulph with Ferr Phos.

Supplements

- Vit C - 1 gram, 3 x daily
- Vit E - 200 iu, 2 x daily
- Vit B-complex - 100mg, 3 x daily

- Vit B12 - up to 2,000 mcg daily
- Vit A - 10,000 iu, Vit D - 400 iu, 1 to 3 caps, 3 x daily (take for 5 days, then stop for 2)
- Garlic caps - 1 cap, 4 x daily
- Zinc - 100 mg chelated zinc daily
- Calcium - 6 to 9 bone-meal tablets daily; OR dolomite tabs - 5 x tabs daily
- Pollon B - take max dose as manufacturer instructs
- Kelp tab - 1 x tab, 3 x daily, with meals.

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Pollen B

A three month course of Pollen-B tabs has been found to be effective. Follow the manufacturer's instructions, and take the maximum dose.

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Cider Vinegar

2 tsp cider vinegar and 2 tsp honey in a glass of spring or mineral water (not tap water). Take at each meal, or between meals if preferred.

On Monday, Wednesday, and Friday, at one meal, add 1 x drop of iodine to mixture.

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Gout Infusion

Take 4 x cups daily made of the following infusion:

- 1 litre spring water (not tap water)
- 4 x slices of lemon
- Pinch of lavender
- Pinch of dog's tooth

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Alfalfa Infusion

This infusion is made from simmering (not boiling) 30 grams of untreated Alfalfa seeds (such as are used for sprouting) in 700 ml of water in a glass pan for 30 minutes. Strain and squeeze out seeds, cool, and refrigerate.

Do not keep for longer than 1 day.

To use, mix a cupful of infusion with an equal volume of spring water (not tap water) - add honey if desired.

Drink 6 to 7 cups daily.

Persist for at least 2 weeks.

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Aromatherapy

For gout, gently rub the afflicted joint with olive oil containing 10% juniper essential oil.

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Beneficial Foods

Food sources rich in sulphur are recommended, including:

- Garlic
- Live yogurt

The following foods are believed to be beneficial for gout sufferers, and should be included in a gout diet include:

- A lightly cooked egg is permitted 2 x weekly
- 50 to 75 grams of poultry or fish on alternate days and vegetarian food is not liked
- Eat large raw salads and lightly steamed vegetables daily
- One day a week, eat only raw foods
- Fresh fruits such as blueberries, and bananas
- Cherries (especially sour cherries - 0.25 to 0.5 kg daily),
- Vegetables including green leafy vegetables, celery, tomatoes, cabbage and parsley
- Drinking lots of spring or mineral water (no tap water, ever)
- Drinks such as fruit juices, coffee, tea, and carbonated beverages.
- Foods with high vitamin C content, red bell peppers, potatoes and red cabbage

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Foods that Cause Gout

Knowing the foods that cause gout is very important, because there is a strong relationship between food and gout. Consequently, changes in an individual's diet can dramatically decrease gout symptoms.

Foods that cause gout are high in purines.

Purines are the chemicals in foods, which the body breaks down into uric acid. Individuals with gout are unable to secrete enough uric acid, so it builds up in the body and eventually crystallizes.

The key to a successful gout diet is not only to limit foods high in purines, but also to eat healthy foods that will help limit gout attacks.

Food to be Avoided

Regarding food, the individual should cut down on foods, etc, that cause gout. This includes:

- Alcohol - especially beer and wine.
- Dairy products (cow's milk and its products)
- White flour products
- Wheat foods
- sugar
- salt
- Acid fruit such as citrus fruits and strawberries
- Heavy red meats (beef, lamb, pork)
- Sausage
- Offal/organ meats - this includes liver, kidney, heart and tongue, etc.
- Yeast.

- Certain fish and shell fish - herring, sardines, anchovies, mussels, shrimp and scallops are known foods that cause gout.
- Gravies, rich and creamy sauces, consommé and meat extracts.
- Peanuts
- Mushrooms
- Cauliflower
- Asparagus
- Spinach
- Peas
- Beans
- Lentils.
- Sweetbreads
- Milk
- Ice Cream
- Cottage Cheese

Additional foods that are moderately high in purines and should be avoided on a gout diet include bacon, turkey, trout, goose, pheasant, veal, mutton, haddock and salmon.

Avoid Eating Foods High In Purines

According to the American Medical Association, purine-containing foods include:

- Beer, and other alcoholic beverages
- Anchovies
- sardines in oil
- fish roes
- herring
- Yeast
- Organ meat (liver, kidneys, sweetbreads)
- Legumes (dried beans, peas)
- Meat extracts, consommé, gravies.
- Mushrooms
- spinach
- asparagus
- cauliflower

Foods very high in purines include:

- hearts
- herring
- mussels
- yeast
- smelt
- sardines
- sweetbreads

Foods moderately high in purines include:

- anchovies
- grouse
- mutton
- veal
- bacon
- liver
- salmon

- turkey
- kidneys
- partridge
- trout
- goose
- haddock
- pheasant
- scallops

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Health Bite

Cherries May Well Be an Effective Remedy for Many Gout Sufferers

A letter in *Prevention Magazine*, by Dr. Ludwig W. Blau, relating how eating a bowl of cherries one day led to complete relief from pain sparked off the interest in cherries in the treatment of gout.

Dr Blau's gout had been so severe that he had been confined to a wheelchair. One day, quite by accident, he polished off a large bowl of cherries and the following day the pain in his foot was gone.

He continued eating a minimum of 6 cherries every day and he was free from pain and able to get out of his wheelchair. Dr Blau's research led to many other people suffering from gout who reported being helped by cherries.

This effect has also been reported with strawberries, and it may be because of the fact that these foods help the body to eliminate uric acid.

According to a 1950 study of twelve individuals with gout, by them eating one-half pound of cherries, or the equivalent amount of cherry juice, attacks of gout were prevented. Black, sweet yellow, and red sour cherries were all effective.

Since that study, there have been many anecdotal reports of cherry juice as an effective treatment of the pain and inflammation of gout. Strawberries, blueberries and other red-blue berries are also believed to be beneficial.

Another study performed by Agricultural Research Service also demonstrated efficacy of cherries in treating gout.

Cherries already have a reputation for fighting inflammation.

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Thank You

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